

Syllabus, Rules & Regulation for Inter-College Tournament Yoga (Men & Women)
Championships held at CRSU Jind on dated 22 Sept. 2017 (Session 2017-18)

Part A - (Compulsory Yogic Exercises for Men and Women)

I ASANAS (for Men and Women)

1. Paschimottanasana
2. Sarvangasana
3. Purna Dhanurasana
4. Karna Pidasana

II SURYA NAMASHKAR (For Men and Women in Twelve counts)

III SHAT KARMAS (For Girls Only)

1. Jal Neti or Sutra Neti/Rubber Neti
2. Shit Karam Kapalbhati (Jal Kapalbhati)
(Water intake through mouth and out through nostrils)

IV SHAT KARMAS (For Boys Only)

1. Shit Karam Kapalbhati (Jal Kapalbhati) (Water intake through mouth and out through nostrils)
2. Vastra Dhauti (muslim cloth 6 to 7 m. in length and 8 c. m. in width)
Or
Nauli (Vam, Dakshin and Madhyan)

Part B (Optional yogic Exercise – Select any three respectively)

For Men

1. Mayurasana
2. Padambakasana (Urdhva Kukuttasana)
3. Hanumanasana
4. Titiabhasana
5. Purna Chakrasana
6. Setubandh Sarvangasana
7. Vrischikasana
8. Purna Shalabasana

For Women

1. Vatayanasana
2. Purna Bhaujangasana
3. Purna Matasendrasana
4. Ekapad Shirasasana
5. Ardha Badh Padmotanasana
6. Vibhakta Paschimottanasana
7. Natrajasana
8. Ekapad Rajkapaotasana

1. Inter College Yoga Championship shall be held for both boys and girls sections separately in the asanas and Kriyas (Exercises)
2. A team may consist maximum of six competitors (including one reserve). A team consisting less than five competitors, shall not be eligible for team championship but their performance will be considered for individual position. For team championship marks of only best five will be counted.
3. The competitors will have to retain each yogic exercise as follows which will be counted after attaining the final position.
 - I) One minute for each compulsory asana
 - II) One round of Surya Namaskar (in twelve count)
 - III) Within two minutes each for Sutraneiti/Rubberneti, Jalneti, Nauli and Shit Karma Kapalbhati and within 10 minutes for vastra Dhauti.
4. Yogic Exercise of part A (a) will be performed together and other yogic exercise will be performed one by one by each member of the team.


Secretary
Sports Council 12/9/17
Ch. Ranbir Singh University
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Abstract of Gradation Pattern for the Purpose of T.A./D.A. & revised rates of daily allowance

Category of Employees	Grade Pay	In any town/city in Haryana including Chandigarh	In any town/city Outside Haryana/ Chandigarh	Hotel expenses (Outside Haryana/Chandigarh)
Grade-I	Gr. Pay (11000 and above)	300/-	500/-	Upto Rs. 5,000/- per day plus D.A. of Rs. 500/- per day
Grade-II	Gr. Pay (8900-9800)	240/-	400/-	Upto Rs. 4,000/- per day plus D.A. of Rs. 400/- per day
Grade-III	Gr. Pay (4600-8800)	200/-	300/-	Upto Rs. 3,000/- per day plus D.A. of Rs. 300/- per day
Grade-IV	Gr. Pay (2500-4200)	160/-	200/-	Upto Rs. 1,500/- per day plus D.A. of Rs. 200/- per day
Grade-V	Gr. Pay (1300-2400)	140/-	160/-	Upto Rs. 500/- per day plus D.A. of Rs. 160/- per day

Entitlement for Travel

Grade	Journey by Air	Journey by Sea or River Steamer	Journey by Train	Journey by Road	Journey by Taxi/Auto	Journey by own Conveyance	Rate of Road Mileage	Local Journey within or outside the State
Grade-I Grade Pay 11000 and above	First Class if out of India Business Class if within India	Highest Class	A.C. First Class or Executive Class	A.C. Bus including Volvo	A.C. Taxi	By own car	Rs. 10/- pkm (for own Car/A.C. Taxi) Rs. 8/- pkm for Non A.C. Taxi	A.C. Non-A.C. Taxi charges of upto 50 kms per diem for travel within the city
Grade-II Grade Pay 8900-9800	Economy Class (within or out of India)	Highest Class	A.C. First Class or Executive Class	A.C. Bus including Volvo	A.C. Taxi	By own car	Rs. 10/- pkm (for own Car/A.C. Taxi) Rs. 8/- pkm for Non A.C. Taxi	A.C. Non-A.C. Taxi charges of upto 50 kms per diem for travel within the city
Grade-III Grade Pay 4600-8800	Economy Class (within or out of India) with prior Permission of competent authority for each journey	If 2 Classes by lower, if 3 by middle, if 4 classes by third class	A.C. Chair or A.C. Chair Car	A.C. Bus-Delux Bus	Non A.C. Taxi with prior Permission of competent authority for each journey	By own car with prior approval of Adm. Socy-1000 for each journey	Rs. 8/- pkm (for own Car/Non A.C. Taxi)	Non A.C. Taxi or Auto rickshaw charges of Rs. 8/- or Rs. 6/- pkm as the case may be limited to Rs. 150/- per diem for travel within the city
Grade-IV Grade Pay 2500-4200	Economy Class (Out of India only)	As above to Grade-III employees	A.C. III tier or Non A.C. Chair Car	Ordinary Bus/Delux Bus	As prescribed rates by autorickshaw with prior Permission of competent authority for each journey	By own Scooter/Motor cycle with prior permission of competent authority for each journey	Rs. 6/- pkm (for own Scooter/Motor cycle or by autorickshaw)	Travel charges @ 6/- pkm limited to Rs. 100/- per diem for travel within the city
Grade-V Grade Pay 1300-2400	Economy Class (out of India only)	By lowest Class	2 nd Class 2 nd Class Sleeper	Ordinary Bus	As prescribed rates by autorickshaw with prior Permission of competent authority for each journey	By own Scooter/Motor cycle with prior Permission of competent authority for each journey	Rs. 6/- pkm (for own Scooter/Motor cycle or by autorickshaw)	Travel charges @ 6/- pkm limited to Rs. 50/- per diem for travel within the city

Note:

- In respect of those employees who are drawing pay in pre-revised pay scale or in whose case the scales of pay are yet to be revised, the corresponding Grade Pay of the pre-revised pay scale in which the pay is being drawn by the employee on the date of journey would determine the entitlements of T.A./D.A. etc. under these orders. The employees who are drawing fixed salary neither in any pay scale nor in any Pay Band/Grade pay and are working on contract basis or otherwise or have been re-employed after retirement against a post sanctioned in prescribed pay scale/Pay Band, their T.A./D.A. will be regulated keeping in view the grade pay which would have been admissible to them had they been on regular basis on the post on which they have been re-employed after retirement and/or working on contract basis or otherwise.
- Bill not presented within six months from the date of completion of journey shall be lapsed and will not be entertained unless the period of six months is extended by the competent authority for good cause shown.
- No daily allowance shall be paid for a journey performed within a radius of 5 miles or 8 kms. of Headquarters. Provided further that if any employee other than Class 'D' (who is receiving conveyance allowance) performs journey by road within 8 kms. will be paid mileage allowance for the conveyance entitled to use. In such case expenditure may be charged to Contingencies.
- If a person performs the journey by own car/scooter, daily allowance will be paid at half rates for the days of journey.
- If the journey is performed by the transport provided free of cost by the University, local body or the State Government, D.A. shall be admissible at the following rates -
 - Where absence from the headquarters is less than 6 hours - No D.A.
 - Where absence from the headquarters is for 6 hours or more but less than 12 hours - Half D.A.
 - Where absence is for 12 hours or more but less than 24 hours - Full D.A.